

— The Perils of — PASTEURISED MILK

Far from protecting against pathogenic organisms, pasteurisation also destroys key food elements and therapeutic properties in milk, and promotes degenerative disease conditions in people and environments.

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Extracted from her book
Immunization: The Reality Behind the Myth
Published in 1988 by
Bergin & Garvey Publishers, Inc.
Massachusetts, USA

Pasteurisation, named for Louis Pasteur, is the process of heating milk or other substances to 130 to 158 degrees Fahrenheit for 20 or 30 minutes. The new 'flash' methods of pasteurising heat the milk to 150 to 170 degrees for 15 to 22 seconds. This is done to kill pathogenic bacteria and delay the development of other bacteria. However, according to Norman Walker, D.Sc., temperatures from 190 degrees to 230 degrees Fahrenheit are required to kill pathogenic organisms such as typhoid, *bacilli coli*, tuberculosis and undulant fever.¹ This, of course, would damage the milk to such an extent that no cream would rise—a drawback from a commercial standpoint.

The heat of pasteurisation is enough, however, to kill the beneficial lactic acid, or souring bacteria, *Lactobacillus acidophilus*, which help to synthesise B-vitamins in the colon and hold the putrefactive bacteria in check. Raw milk will eventually curdle and clabber if allowed to sit at room temperature because the lactic acid bacteria hold the putrefactive bacteria in check. Pasteurised milk, having no such protection, will rot. Hence, the irony of pasteurisation is that it destroys the germicidal properties of milk. While pasteurisation cuts down the bacterial count temporarily, the count soon exceeds the figure prior to pasteurisation because bacteria multiply more rapidly in pasteurised milk than in raw milk. Royal Lee, D.D.S., claims many cases of undulant fever can be found in communities where all milk is pasteurised.² Salmonella food poisoning, which affected over 500 people in Illinois and Iowa during March and April 1985, was traced to pasteurised milk.³

What causes undulant fever? It has been shown to be a deficiency disease curable in both man and animal by the administration of trace minerals.⁴ Particularly important are manganese and magnesium.⁵

The primary commercial advantages of pasteurising milk are:

(1) **It enables the farmer to be dirty.** Standards for certified dairy herds and milk handlers are considerably higher than those for herds whose milk is to be pasteurised; hence, it costs more to make clean, raw dairy products.

(2) **It is a convenience for the grocer as well as the farmer.** Although raw milk will generally keep longer than pasteurised milk, if it is not produced under sanitary conditions it will begin to curdle sooner than pasteurised milk will begin to smell rotten. Hence, pasteurisation can hide staleness and give milk a longer shelf life.

How does the heat of pasteurisation affect the nutritional value of milk? Heating any food above 122 degrees Fahrenheit destroys enzymes, those biochemical transformers that trigger the thousands of chemical processes going on in our bodies all the time. One of the functions of enzymes is to release nutrients in the food we eat. The heat of pasteurisation destroys the enzyme phosphatase which is necessary for the assimilation of calcium. Some researchers claim that as much as 50 per cent of the calcium in pasteurised milk is not utilised by the body.^{6*}

Other food factors and skeletal structures adversely affected by pasteurisation as well as diseases promoted by this practice are:

(1) **Vitamins:** The loss of fat-soluble vitamins such as A and E may run as high as two-thirds. The loss of water-soluble vitamins such as B and C can run from 38 per cent to 80 per cent. The vitamin C loss usually exceeds 50 per cent.⁷

(2) **Minerals:** Twenty per cent of available iodine is lost by volatilisation. There is loss of availability of other minerals in varying degrees.⁸

(3) **Thirty-eight or more food factors** are changed or destroyed, including protein and hormones as well as the vitamins and minerals discussed. Fats are also altered by heat as well as the whole protein complex which is rendered less available for tissue repair and rebuilding.⁹

(4) **Anti-stiffness and anti-anaemia factor:** Pasteurisation destroys the guinea pig

'anti-stiffness' factor (Wulzen factor) and 'anti-anaemia' factor in milk.¹⁰

(5) **X-factor:** The X-factor in tissue repair is destroyed.¹¹

(6) **Teeth and bones:** Children's teeth are less likely to decay on a diet supplemented with raw milk than with pasteurised milk.¹² Dr F. M. Pottenger, Jr, who has studied the effects of raw milk on both experimental animals and people, reported that raw milk produced better bones and teeth than pasteurised milk and that it protected against or prevented dental problems, deafness, arthritis (due to presence of the Wulzen factor), rheumatic fever and asthma.¹³

(7) **Coronary thrombosis and arteriosclerosis:** "Dairy products fed [eaten] in large amounts, including raw cream and raw butter, do not produce atheroma, do not raise the blood cholesterol, while the highest grade pasteurised produce does."¹⁴ Pasteurisation, or the heating of milk which changes the structure of protein, is a major cause of coronary thrombosis," declared Dr J. C. Annand from Dundee, Scotland. "The consumption of heated milk protein...not milk fat...has been found to correlate historically to the high incidence of thrombosis," he added.¹⁵

(8) **Skeletal deformities and degenerative diseases:** Experimental animals deteriorate rapidly on pasteurised milk. For instance, calves fed pasteurised milk die within 60 days, as shown by numerous experiments.¹⁶

Perhaps the most famous and, by now, classic experiment is the one of Dr Francis M. Pottenger, which was reported at the Second Annual Seminar for the Study and Practice of Dental Medicine in Palm Springs, California, in October 1945.

The report outlined the results of 10 years of careful study of approximately 900 cats which were bred and studied for four and five generations. The cats were divided into six groups. The first group was fed raw meat, raw milk and cod liver oil. The second group was fed the same, except the meat was cooked. The other groups were fed raw meat and various kinds of cooked milk, i.e., pasteurised milk, evaporated milk and sweetened condensed milk. Only the cats in the first group remained healthy throughout the experiment. The cats in the other groups suffered skeletal deformities, parasitic infestations, allergies, arthritis, reproductive failure, skin lesions, cardiac lesions and many other degenerative conditions familiar in the literature of human medicine.

One of the more interesting features of the experiment was observing what happened in each of the pens that housed the cats after the experiment was over. The pens lay fallow for several months. Weeds sprang up in each pen, but only the pen that housed the raw meat/milk-fed cats supported luxuriant growth. This led the experimenters to perform a further experiment. They planted beans in each pen and, again, only the pen of the raw meat/milk-fed cats supported the growth of bean plants to any real degree. Vegetation in the other pens was sparse and scraggly, being the most sparse in the pen of the sweetened condensed milk-fed cats. These cats were the ones which showed the most marked deficiencies and degenerative changes during the experiment. (I couldn't help thinking as I read this, that this is the kind of milk, essentially, that many people feed their babies!)

The experimenters concluded: "The principles of growth and

development are easily altered by heat and oxidation which kill living cells at every stage of the life process, from the soil through the animal. Change is not only shown in the immediate generation, but as a germ plasm injury which manifests itself in subsequent generations of plants and animals."¹⁷

Fresh, raw milk has been successfully used as a therapeutic agent since Hippocrates who prescribed it for tuberculosis, William Campbell Douglass, M.D., reminds us. In his informative and humorous book, *The Milk of Human Kindness is not Pasteurised*, he describes many other ailments that have been successfully treated with fresh, whole, clean, raw milk. Some of these are: oedema, obesity, allergies, high blood pressure, psoriasis, diabetes, diseases of the prostate gland, urinary tract infections, heart and kidney disease, hardening of the arteries, neurasthenia, arthritis, gastric and duodenal ulcers, and muscle cramps during pregnancy. Pasteurised milk will not work. It must be raw.¹⁸

While pasteurisation cuts down the bacterial count temporarily, the count soon exceeds the figure prior to pasteurisation because bacteria multiply more rapidly in pasteurised milk than in raw milk.

Footnotes:

1. Walker, Normal, *Diet and Salad Suggestions*, Norwalk Laboratory, Publishing Department, St George, Utah, USA, 1947, p. 32.
2. Lee, Royal, D.D.S., "The Battlefront for Better Nutrition," *The Interpreter*, 15 July 1950.
3. "Food Poisoning Cases in Illinois", Item in "Health Notes", *Health Freedom News*, May 1985, p. 31.
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5. Davis, Adelle, *Let's Get Well*, Harcourt, Brace & World, Inc., New York, USA, 1965, p. 149.
6. Broadston, Elizabeth J., "Hear Ye—Mothers!", *Let's Live*, February 1955, p. 12. Also, Royal Lee, D.D.S., "Raw Food Vitamins", Address delivered before the Massachusetts Osteopathic Society

Convention, Boston, 22 May 1949.

* A number of studies have pointed to widespread symptoms of calcium deficiency among Americans, and yet Americans are among the highest consumers of milk and milk products in the world. (Out of 148 countries, USA ranks 11th in per-capita milk protein consumption according to *The New Book of World Rankings*, 1984 edition.) Could pasteurisation of milk and milk products have something to do with this?

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8. Bullitt Darlington, Jean, "Why Milk Pasteurization?", *The Rural New-Yorker*, 3 May 1947, p. 4. Also, Broadston, op. cit., p. 12.
9. Broadston, op. cit., p. 12.
10. Darlington, op. cit., p. 5.
11. *Ibid*.
12. *The Lancet*, 8 May 1937, p. 1142. Taken from Lee Foundation for Nutritional Research, Reprint No. 7.
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15. *Organic Consumer Report*, 7 October 1975.
16. Bieler, Henry G., M.D., *Food is Your Best Medicine*, Random House, New York, NY, USA, May 1969, p. 213.
17. Pottenger, Francis M., Jr, M.D., "The Effect of Heat-Processed Foods and Metabolised Vitamin D Milk on the Dentofacial Structures of Experimental Animals", *American Journal of Orthodontics and Oral Surgery*, August 1946, pp. 467-85.
18. Campbell Douglass, William, M.D., *The Milk of Human Kindness is Not Pasteurised*, Last Laugh Publishers, Marietta, GA, USA, 1985, Chapter 11.

Immunization: The Reality Behind the Myth, by Walene James, is available from Greenwood Publishing, USA, phone +1 (203) 226 3571.